

The Lodestone

September 2024



In this issue

[Presidents' Message](#)

[The Year's Programs](#)

[Board Highlights & the 2024-25
Proposed Budget](#)

[Public Policy: AAUW Priorities](#)

[In Memoriam](#)

[Local Scholarship News](#)

[Local Scholarship Recipient
Updates](#)

[Tech Trek Camp 2024](#)

[Interest Groups](#)

[Interest Group Photos](#)

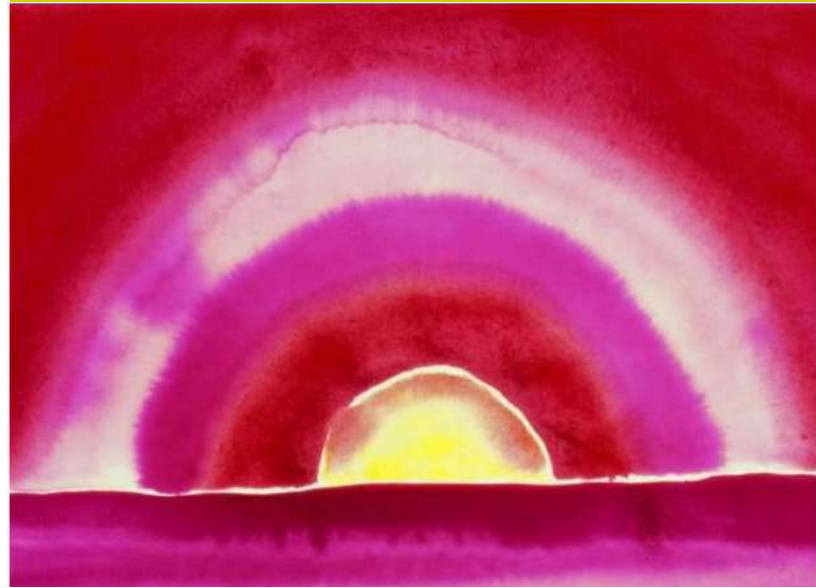
[Upcoming Special
Happenings](#)

[Program Sponsors](#)

AAUW Mission

The mission of AAUW is to advance gender equity for women and girls through research, education and advocacy. To that end, the organization encourages its members to actively participate in public discussion to ensure enlightened advocacy on the priorities of AAUW as established by members. Priorities were adopted in May 2019 and can be found on the AAUW website under AAUW Public Policy Priorities.

<https://www.aauw.org/issues/>



Welcome Back Brunch! Saturday, September 21

9:30 AM, doors open

10:00 AM, program starts

Peace Lutheran Church
828 West Main St, Grass Valley

September marks the beginning of the AAUW year and with it the traditional Welcome Back Brunch. When the doors open at 9:30 AM, guests & members are welcomed in for brunch goodies and a chance to explore the many Interest Group displays and AAUW-branded items for sale. Interest Group leaders will be there to answer questions about their groups and perhaps excite your interest sufficiently to join one or more if you haven't already.

The program begins promptly at 10:00 AM, at which time Co-Presidents Carol McMillan and Diane Kellegrew will open with introductory remarks. The program will include highlights of the coming year's programs as well as the activities and ways members can stay active throughout the year. Don't miss it--it's going to be a lively program!

All general meetings are open to the public, so bring a friend and enjoy a morning brunch on us!

See you there!

Welcome Back!

From Diane Kellegrew, Co-President

On July 1, 2024, Carol McMillan and I began our term as new Co-Presidents of AAUW- Nevada County Branch. This summer has been filled with meetings and plans to prepare for the new term. Our single-minded mission is to 'Engage New and Returning Members'.

Over the past two years our membership has grown by over 50%. New members are bringing fresh perspectives and enthusiasm to every aspect of the Branch. However, there have been growing pains to include the need for larger meeting rooms and more Interest Groups.

In order to better engage all members, it is helpful to know more about members, both new and long-standing. This straightforward mission is not a simple quest. We ask ourselves why did you join AAUW? What keeps you engaged? What are your ideas to strengthen our organization? We invite you to share your thoughts as we reach out this year.

The AAUW Welcome Back Brunch on September 21st kicks off our new season. This lively, interactive meeting serves up excellent food, free drawings, and prizes, and time to meet new members and connect with friends. We will showcase ways you can join like-minded local women in Interest Groups, volunteer opportunities, or as active listeners during our Branch meetings. This year, we will highlight AAUW's State and national efforts to empower women and girls. Come hear about the ways this work is carried out in our community to include national and local scholarship awards, Tech Trek programs, and public policy partnerships. The Welcome Back Brunch is a rousing, crowd-pleasing tradition to launch our new AAUW season.

Please join us!



*Diane Kellegrew
Co-President*



*Carol McMillan
Co-President*

A Sneak Peek at the Year's Programs



*Bernadette Sylvester
Program Co- VP*

September 21 – Welcome Back Brunch

October 19 – Spotlight on Tech Trek and our Tech Trekkers Why and how AAUW is encouraging girls to engage in science, technology, engineering and math (STEM).

November 16 – Where is my next meal coming from? Panel conversation focusing on the challenges of food insecurity in Nevada County. The Branch Holiday Community Service Project will be covered as well.

December – Holiday parties within interest groups and a group gathering for an Off Bradstreet show titled "A Caddyettes Christmas" on **December 6**.

January 18 – "Help-I need a doctor!"

Dr. Glenn Gookin, Director of the SNMH Family Medicine Residency Program explains how the goal of an

accredited program - a partnership between Dignity Health Methodist Hospital in Sacramento, SNMH and Chapa-De Indian Health - will attract, train and retain family medicine doctors.

February 15– An Introduction to Women's History Month Local author Chris Enss will get us ready for Women's History Month with a dynamic program entitled Wayward Women: Ladies Who Helped Build America.

March 15 Public Policy – Women's Rights-- Progress & setbacks, & where we stand now.

April 19 – Protect Your Money: Recent Scams and Actions You Can Take - Melissa Hannebrink, president of Quietech Associates, leads a presentation on SCAMMERS who fleece the public of \$10 billion annually and how you can avoid being a victim.

May 6 – Installation Luncheon; details available in April..

Covid Guidelines

1. We will assume all Branch members are vaccinated and boosted. If you are not, please wear a mask and let Deb York know and we will accommodate.
2. If you are experiencing symptoms associated with Covid 19 (fever, headache, loss of taste/smell, sore throat, cough, muscle/joint aches, shortness of breath, etc.), please stay home from Branch activities.
3. If a close family member has symptoms or has tested positive, and you do not have symptoms, please mask when carpooling or attending indoor meetings.
4. If you have been traveling with increased exposure, please wear mask for 5 days after returning if you are attending indoor meetings.
5. A meeting host (Interest Group coordinators, committee chairs, etc.) may request participants to test negative prior to attending a meeting or wear masks.
6. If you have been exposed to someone who has tested positive (with/without symptoms), please alert meeting host and wear a mask.
7. We will track Nevada County Covid rates and follow all local government and CDC guidelines. We will notify all Branch members of any changes to them.

EXECUTIVE COMMITTEE

| | |
|------------------|--|
| Co-Presidents | Carol McMillan & Diane Kellegrew |
| Past President | Deborah York |
| Secretary | Ann Gould |
| Finance Officers | Peg Flanders |
| Program VPs | Carolyn Feuille & Bernadette Sylvester |
| Membership VP | Vicky Hines |
| AAUW Fund VPs | Francesca Erickson & Barbara Johnson |

APPOINTED OFFICERS

| | |
|-------------------|----------------------------------|
| Local Scholarship | Rhea Williamson & Lisa Turlo |
| Public Policy | Melanie Heckel & Helen Cavanaugh |
| Publicity | Martha Rees |
| Tech Trek | Martha Rees |
| Ways and Means | Karin Quinn |
| Communications | Katherine "Bup" Greenwood |

STANDING COMMITTEES (NON-BOARD FUNCTIONS)

| | |
|----------------------------|--|
| Lodestone & Branch Website | CeCe Royal |
| Directory & Database | Bonnie White |
| Facilities & Hospitality | Catherine Criss Flowers Penelope Savelly Janine Martin |
| Interest Groups | Sue Van Son |
| Friendship | Pat Pedersen |
| Historians | Shirley Zeff |
| Fund Development | Open |
| Photography | Martha Rees Bernadette Sylvester Sue Miller |
| AAUW Msg Line | Peg Flanders |

Board Highlights:

- The new AAUW Board met in June and August to begin making plans, organizing, and calendaring dates for the new calendar year.
- Board members have been working together to organize their folders and documents on their shared AAUW Google Drive.
- Our Membership continues to grow (now, 137 members) and our Membership team is maintaining a strong database to keep

information current and accurate.

- Scholarship money is being allocated to our Local Scholarship recipients as they begin or continue their educational pursuits with the help of our Charitable Trust.
- We sponsored 8 girls this summer as they attended Tech Trek at US Davis. The girls will share their experiences at the October Branch meeting.



*Ann Gould
Secretary*

Branch Proposed 2024-25 Budget

At the September brunch, members will be asked to approve the coming year's Budget, as summarized below.



*Peg Flanders
Finance VP*

Branch Operations Only

(does not include Tech Trek, Scholarships, or AAUW Funds)

REVENUES

| | |
|---------------------------------------|----------------|
| Local Dues | \$2,700 |
| Program Sponsors & Business Donations | 3,500 |
| Member Donations | 700 |
| Ways and Means (net) | 875 |
| Interest Income | 200 |
| Total Revenue | \$7,975 |

EXPENDITURES

| | |
|---|----------------|
| Programs | \$4,430 |
| Administration & Operations | 1,296 |
| Communications & Advertising | 694 |
| Member Events | 500 |
| Membership Expenses | 100 |
| Public Policy | 100 |
| Total Expenditures | \$7,120 |
| Excess Revenue over Expenditures | \$855 |

Welcome to the 2024-25 AAUW Year!

Welcome to election season as well. Not just any election season; it may be the most consequential Presidential election ever, coming up in November. As you know, AAUW is non-partisan and does not support candidates. However, AAUW definitely emphasizes the importance of voting and wants all AAUW members to be as informed as possible. So here we go! I have three newsletter articles before the election to keep you informed, excited, and ready to vote on November 5th.

GOOD NEWS

Woman President of the United States? - Who knew we would have an opportunity in 2024 to vote for a candidate who could become our first female President? Yes, we had this chance in 2016 and it didn't work out. But times have changed and the choice is clear. The Biden/Harris administration has worked hard to ensure equity for women and girls. This administration has supported women's right to choose after Roe v. Wade was overturned by the Supreme Court, initiated many efforts to forgive student loan debt, particularly important to women who bear the highest burden of debt, and rolled out new Title IX regulations to protect women and girls.

Possible Congresswoman in District 3? - We live in a very diverse 3rd Congressional District, spanning much of the Sierra Nevada and going as far south as Death Valley and includes populated areas in Placer County like Roseville and Rocklin. It has tended to vote conservatively, and current Congressman Kevin Kiley, definitely fits that mold, including taking anti-choice positions. He has a 9% rating by Planned Parenthood and a 100% rating by the National Right to Life Committee. On the other hand, Jessica Morse, his opponent in November, has made it clear that she is Pro-Choice. Maybe the time has come to flip the district.

Title IX Updates are in effect - In April the Biden Administration finalized Title IX rules in a way that takes a great step forward towards realizing the full promise of prohibiting sex discrimination in education. The new rules became effective on August 1st, and I am proud to say that we forwarded a letter to the superintendents of the local public school districts urging swift and full implementation of the new rules. The letter was

prepared by the National Women's Law Center and signed by 69 organizations, including AAUW. These regulations were weakened during the Trump administration, but have now been strengthened and expanded to:

- Broaden protections against sexual assault and harassment to include a wider definition of harassment;
- Clarify that protections against sex-based discrimination under Title IX apply to discrimination based on gender identity or sexual orientation;
- Provide protections for pregnant students



*Melanie Heckel
Public Policy Co-Chair*

BAD NEWS

House Voted to Overturn Title IX Updates - On July 11, the House of Representatives voted to overturn the updated Title IX rules in a party-line vote (including Kevin Kiley, 210-205). The overturning of the new rules did not go into effect because the Senate would not approve them, given the Democratic (very small) majority.

Risks to Women's Rights Posed by the November Election - Clearly, a Republican majority in the House has resulted in a vote to overturn these important protections for women and the LGBTQ+ community. If both houses of Congress gain a Republican majority, as well as the election of former President Trump, these new rules would be overturned. In addition, many Republicans have proposed a national abortion ban so that women's right to choose could also be at risk, even in California.

STAY INFORMED AND DON'T FORGET TO VOTE!



Remembering Leo Stovall

Long-time Nevada County Branch member **Leona (Leo) Stovall** passed away in January 2023 at age 94.

After joining in 1999, she was active as our historian, attending conventions (like the one pictured), planning social events, etc. A native of Canada, Leo was known for her humor and feistiness, with an interest in politics.

Her husband, Jay Stovall, an optometrist, predeceased her in 2013. They had no children. Leo remained in their Grass Valley home until her death, with the help of friends and companions.

We especially appreciate Leo's testamentary gift to our Branch. Jay and Leona bequeathed their entire Trust to

charitable organizations, including a 3% share to AAUW.

Anyone considering a Legacy gift to AAUW in your will or trust can contact our Branch Co-Presidents for more information.

If you enjoy making yearly charitable donations, directing a portion of the annual RMD ("required minimum distribution") from an IRA to your selected charities is a great way to support your favorite organizations. By making a "pre-tax" gift from an IRA, you avoid paying tax on this amount. AAUW, Nevada County branch has tax-exempt status to qualify for tax-deductible,



*The 2008 AAUW California Convention
Above: Leo Stovall, Nancy Knaus, and Lee Ferro
Left: Lee Ferro, Leo Stovall, Nancy Knaus, Sandy Davison, Jonellen Goddard, and Stephanie Norton.*

"An investment in knowledge pays the best interest."—Benjamin Franklin

WOW! Time flies! Soon the teens and women of Nevada County will be heading back to school and college, and then many will be applying to one of 5 scholarship options offered by our Nevada County Chapter of the AAUW! We had a stellar 2024! Thanks to the contributions of so many of you in giving time, energy, and funding to support our mission, we were able to award \$79,000 in scholarships to 27 high school, Sierra College, and University students. Four of these awards were to women re-entering college to complete their degrees. In this and upcoming issues of the Lodestone, you will meet these amazing women. But don't stop there....come and join the Local Scholarship Committee (LSC)! The joy of evaluating scholarship applications, meeting awardees at the Ice Cream Social, and being a liaison with one of the students is stunning.

It will soon be time for the members of the LSC Full Committee to get together again to prepare for the new year so **PLEASE SAVE THIS DATE: November 7, 1-4 pm** in the Community Room. A tentative agenda will be available following the **October 23, 2024** meeting of the Leadership Team. So looking forward to a successful 2025! See you!—*Rhea*



*Rhea Williamson
Local Scholarship Chair*

PROPOSED MEETING DATES, TIMES, LOCATIONS

- LSC Leadership Committee Meeting: **October 23, 2024**, 1:30-3:30 pm, location TBD
- LSC Full Committee Meeting: **November 7, 2024**, 1-4 pm, in the Community Room

2024-2025 Sierra College Scholarship Recipients Selected

By Rose Tammi

This year our applications for re-entry and Sierra College Transfer scholarships doubled. My committees were amazed at the caliber of our applicants. Here's who we chose:

Re-entry Recipients:

- **Shawna Crutchfield** is a single mother with four children who is working and attending school towards a nursing degree.
- **Marie Locks** is a single parent of six children, of whom five live at home. Marie just started back to school in Fall of 2023 and wants to become a social worker. She has owned her own business as a house cleaner for over 20 years.
- **Carol Kirchner** is a working mother and also a single parent. She is pursuing a degree in administration of justice and wants to be a social worker or probation officer.
- **Breanna Serger** is also a single parent. She credits social service for helping her get her life together after a hard childhood and foster care. Breanna wants to be a social worker.
- **Taylor Mitchell** is a single parent of an autistic child. She is continuing as a third year re-entry recipient with us. She wants to

be a certified public accountant and plans to transfer Fall 2025 to Sacramento State.

Sierra College Transfer:

- **Krista Conrad** is a former restaurant manager who returned to school after 20 years. She will be attending Antelope Community College In Lancaster, CA for a registered nursing degree.
- **Allison Heitz** will be receiving a scholarship for the second year in a row. She is a former re-entry recipient who has faced extreme challenges over her life. Allison is pursuing a degree in Behavioral Sciences with a minor in criminal justice. Her goal is to be a social worker; she will be attending Chico State.



Rose Tami & Krista Conrad at the summer Ice Cream Social for Local Scholarship recipients

Alyssa Downes Hits Her Stride

By Ann Shulse



Alyssa Downes

Alyssa Downes is one of the original two Cleo Gibson Scholarship recipients we awarded in 2021. As a senior at CSU Chico, she's still majoring in Agribusiness with a Marketing minor. Eventually she hopes to work for a large agricultural company, marketing their business.

Alyssa's been involved in FFA and their annual Field Day since she was a Freshman.

Last year she chaired the Club-tacular committee and organized a creative event for Freshmen FFA members to learn about Chico State. This year she's been named Director of Field Day and will earn credits leading this huge event. She's excited to take on this leadership role!

She also works in the Housing Office using her creative skills to expand their social media presence.

After graduation, Alyssa will begin work on a masters in either Ag Business or Ag Education. Concurrently, she hopes to work full time in the Housing Office as a Residence Life Coordinator, overseeing the RA program.

Ava Johnson Loves College

By Lisa Turlo

Ava loved her first year of college! As a Computer Science major at UC Santa Cruz, she took Calculus 1,2, and 3, Linear Algebra, Video Game Design and two Python programming classes as well as an Introduction to Programming Language course. Ava made some amazing friends inside and outside of classes, people she thinks will be lifelong friends. Her favorite class was Linear Algebra because even though it was difficult, the class felt like solving puzzles.

For this school year, Ava will take Discrete Mathematics and Boolean Algebra and a follow up Assembly Language class, as well as

a philosophy course for her general education requirement. This is a total of seventeen units and she is thrilled about it!

Ava has had an exciting summer working as a video editor and visiting some of her new college friends in San Diego. In Grass Valley she spends time with friends and family before everyone leaves again.



Ava Johnson (center) with friends

Shawna Crutchfield ‘

By Wendy Wilkinson



Shawna Crutchfield

I had the privilege to meet Shawna Crutchfield, a young woman who has four children ages 7 to 17 years. Shawna works full time at Common Goals, a rehab counseling program for adolescents and adults struggling with drug and alcohol addiction. Shawna has a caseload of adolescents and adults and has worked for six years as a counselor.

Shawna realized that a nursing degree would allow her to work in the

behavioral health field as a clinician. Her goal fits well with her counseling background. Her plan is to attain an AA degree at Sierra College and then apply for their nursing program. Shawna has completed her freshman year and will be taking several units this fall, including Chemistry.

Shawna commented on completing Statistics last semester. She was apprehensive about the math requirements but was reassured by her statistics professor. Shawna and the professor share an uncommon condition which includes transposing numbers, a trait called dyscalculia. Shawna completed the course with high marks with the support of her professor and her own hard work.

Shawna exemplifies the drive and heart to complete her goals with a little support from AAUW.



Martha Rees
Tech Trek Coordinator

It was a busy summer for the Nevada County Branch Tech Trek Committee – and our 2024 Trekkers. It began with the pre-camp lunch, coordinated by Carole Yettick, at Lily's Garden with former Trekkers Liv DesAutels and Ava Johnson so the girls had a chance to become better acquainted and ask questions.



Pre-camp gathering, flowers by Teri McConnell

The day before camp was to begin, we heard that a spot opened at the UC Davis Tech Trek. And voila one call to our next alternate on the list, and we were able to send eight girls – more than any other branch. Our 2024 Nevada County Trekkers are: Sophia Alonzo, Alyssa Burnett, Coral Duggan, Elaine Luisetti, Raiden Maddox, Tatiana (Tachie) McLachlan, Alliyah Noxon, and Lena Von Ruden. On Sunday, July 14th, campers arrived, moved into their UC Davis dorm rooms, met their dorm mom and dorm group, and began their week of STEM discovery.



Field trip to the UC Davis Veterinary Medical School Lab



Programming in the Robotics core class

The week was packed with morning core classes (Anatomy, Data Discovery, Environmental Engineering, Genetics, or Robotics); afternoon workshops, like forensics, architecture, escape room math; field trips to the UC Davis Veterinary Medical Center and Bohart Entomology Museum among others; evening star gazing and finance/budgeting challenges, and so much more. Wednesday night's Professional Women's Evening (PWE) gave the girls a chance to meet ten different women in careers as diverse as

airplane pilot to anesthetist, computer engineer to marine biologist, chemist to video game developer.



Pre-camp gathering, campers & committee members, including Liv and Ava

Saturday, July 20th came too soon with goodbyes and tears as campers left to head home with



Building solar cars in Environmental Engineering core class



At camp, Kit Lofgren (r) speaking with girls during Professional Women's Evening

unforgettable experiences, new friendships, and STEM knowledge. AAUW Nevada County was well represented throughout with Kit Lofgren among the PWE participants; Jess L'Esperance as a Core Class Teacher; Dorm Moms Michelle Baker and Rose McGill; Senior Counselor Liv DesAutels and Tech Support Specialist Ava Johnson. Also, among the camp Visit Day attendees were Sue Stoddart, Magnolia nominating teacher; Rusty Clark, Pleasant Ridge Unified District superintendent; and Christine McCormick, NCSOS associate superintendent, Educational Services.



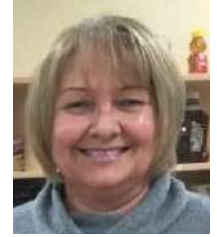
The world of insects at the Bohart Entomology Museum

At the October monthly meeting, you'll learn more from the 2024 Tech Trekkers about their experiences as well as why it's important to encourage girls/women to be in STEM.



In addition to our commitment to AAUW Nevada County Branch's mission to advance equity for women and girls through advocacy, education, philanthropy, and research, we provide educational and enrichment opportunities for our members. If you would like to learn more about any particular Interest

Group, please see the coordinator's contact information in the AAUW Membership Directory, or contact **Sue Van Son** sue@vansoninc.com.



Sue Van Son
Interest Group Leader

Arts and Crafts - Teri McConnell

Welcome back, Crafters! Once again our gatherings will be the **first Thursday** of the month at **10:00 am** hosted by members of the Interest Group. For our September gathering, we will be painting mandala stones (see the picture for an example). Mandala stones are meditative symbols that are created by painting smooth river rocks with patterns of dots. This will be held on **Thursday, September 5th at 10:00 am** at the home of Teri McConnell. Please contact Teri ASAP to sign up and to receive information on what to bring.



Since the Arts & Crafts group meets the first Thursday of the month, sometimes there is little time between the delivery of the *Lodestone* and the day of our gathering. So each month, information will be included for both this month's activity and next month's activity. In October we will be making some fall pumpkin décor using Mason jar lid rings. Use your creativity to decorate these pumpkins in a style all your own. This is scheduled for **Thursday, October 3** at the home of Deborah York.



Evening Book Group - Cathy Kalt

Our Evening Book Group is meeting on the **4th Wednesday** of each month from **6-8 pm**. We have continued meeting through the summer, but taking a winter break Nov-Feb, and resuming in March. If you're interested in joining us or would like more information, please contact Cathy Kalt at cakalt@hotmail.com or 650-704-1579.

Mostly Fiction Book Group - Robin Lavery-Reves

The Mostly Fiction Book Group will meet on Thursday, **September 12th at 1 pm** to begin another season discussing excellent books. We begin with *Heaven & Earth Grocery Store* by acclaimed author, James McBride. This brilliant storyteller weaves a story opening in 1972 when a skeleton is discovered in the Chicken Hill community of Pottsdam, PA. The murder mystery shifts to the 1920s and '30s for historical

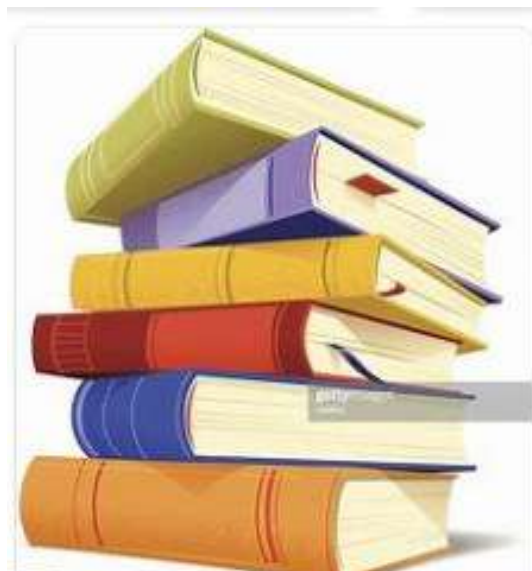
(Mostly Fiction cont.)

context describing the fascinating Jewish immigrant and Black residents in a complex caring community. The member list for the Mostly Fiction group is large, so this year we will again use the capacity limit of the host's home and ask members to RSVP if they would like to attend. Interest group members will receive an email with specific details at the beginning of each month. Please contact Robin Lavery-Reves at laveryreves@gmail.com, if you need more information.

Non-Fiction Book Group - Diane Kellegrew

The non-fiction book club ended last year by selecting ten books to read and discuss in the coming year from September through June. Our selections cover a wide range of topics. With elections around the corner and a changing political landscape, we are starting off the year with *Age of Revolutions*, the latest book by CNN host and best-selling author Fareed Zakaria. The history of political realignments explored in this book are designed to broaden our understanding of the changes and challenges we are experiencing now.

We meet on the **third Tuesday** of the month from **1 to 2:30 pm**. Our meetings are always fun and enlightening. Most meetings are held in a member's home, but our first meeting this year will be at Lily's Garden on **September 17th**. If you are interested in joining us, kindly RSVP to Diane Kellegrew at diane.kellegrew@gmail.com.



Interest Groups (cont.)

Garden Group - Brett McWilliams & Carol Raynsford

Our first meeting in September will be a special one



to visit the largest native plant nursery in this area, the Sac-Cal Native Plant Nursery. They have set aside a special time to give us a tour and allow us to purchase plants before their annual plant sale. This fits with our need to go native. However, they can only do it on **Monday, September 9th** from **10 – noon**. We will plan to

carpool. Lunch after? Please RSVP or send questions to: Carol Raynsford craynsford@gmail.com or 530-273-1244, 530-575-6510 (text).

Great Decisions - Susie Monary-Wilson

The Great Decisions Interest Group has completed its 2024 foreign policy discussion series. The new 2025 series will start up in January. In the interim, Great Decisions will co-host a discussion on the November ballot issues with the League of Women Voters, **Tuesday, October 22nd**, from **10 am – noon** and will cover local and State measures. The meeting is open to all AAUW members. Please reply to Susie Monary-Wilson at monarywilson@msn.com if you would like to attend.



Writing Group - Deborah York



We have two groups that meet regularly within our AAUW Writing Community. The first is a Writing Critique Group that exchanges WIP (Writing in Progress) with each other for critique and feedback. Prior to each meeting we post our work in our private Google Drive folder, and everyone provides feedback before the meetings. This is for writers who

are working toward publishing a novel. We generally meet the **3rd Monday, 10 am – noon**, although this varies often based on the member schedules.

The second group is a monthly Write-In where we come together to do focused writing. We share what we hope to accomplish at the start and share what we actually did at the end. This group is for those who want to write and would enjoy the camaraderie of working with other writers. This group tends to meet on the **3rd Monday, 2 pm – 3:30 pm**. Both groups meet at the Madelyn Helling Library in either the Prospector Room or Gold Rush Room. We offer periodic writing workshops based on topics of interest

(Writing Group cont.)

to members. Please contact Deborah York if you are interested in learning more. 925-216-6140 or deborah11623@gmail.com. Members will receive email reminders a week before each meeting.

Brisk Walking Group - Joan Naszady

After a very hot summer, the cooler weather isn't far away! The Brisk Walkers welcome you to join us for weekly adventures on our local trails. Our goal is a 3-5 mile walk each week. The days and times we will meet on local trails are chosen by each walk leader using the following schedule: **1st week – Monday or Friday, 2nd week – Tuesday or Wednesday, 3rd week – Wednesday or Thursday, 4th week – Monday or Friday.**



Please email or text me if you would like to join a walk or lead one. I will email a weekly reminder. Hope to see you soon! Joan Naszady jnaszady@gmail.com or cell 707-972-6852.

Hiking Group - Mary Menconi

August 7 Gail Bakker led a hike to Mt. Judah, one of the northern Sierra's most iconic peaks. June 17 Carol Raynsford led a hike to Lake Spaulding from Fuller Lake. Wildflowers were in full bloom and the lake was so inviting some of us went swimming. June 5 Deb Cubberley led a hike on the east end of the Independence Trail. The west end of the trail was burned a few years ago in the Jones Fire, but the east end is still a nice hike. Thank you Gail, Carol and Deb! July hikes were cancelled due to lack of interest. It's been a very hot summer!

September hikes will be **Wednesday, September 4**, and **Monday, September 16**. We hike the first Wednesday and third Monday of each month. Hiking locations are decided by the leader and are announced via email about one week in advance. If you would like to join the Hiking Group or reserve a date to lead a hike, please contact Mary: marymenconi@gmail.com.



Interest Groups (cont.)

Gnaw and Jaw - Chris Boykin & Deb Cubberley



What a great year we had with our Gnaw and Jaw Interest group, gnawing our way through spicy food and

conversation. We need to know if you would like to rejoin, take a break, or join for the first time. Previous participants should have received an email to indicate rejoining (or not). If you are new or would like to rejoin, we meet in each other's homes three or four times a year (singles/couples all welcome!), please sign the sheet at our **September 21** meeting or email either Deb Cubberley or me (Chris Boykin).

We'll need to know of any allergies and a preference for a group of 6 or 8. With a final count of participants, Deb and I randomly draw names and select 6 or 8 people to form the groups which will coordinate dinner arrangements throughout the AAUW year. We will also arrange for the entire group to meet at local restaurants or at a home several times during the year.

As a Culinary Kick-Off we'll meet **Saturday, October 5, 4:00 pm**, at the home of **Susie Monary-Wilson** and **John Wilson**. Susie & John have graciously offered not only to host the event but to provide BBQ and drinks, including wine. We'll enjoy bocce ball and corn hole and then move on to happy hour with appetizers and then dinner at 6:00. To attend, you can sign up separately and indicate what you'll bring (appetizer, salad, side, or dessert). Please email Chris (not Deb-- who will be vacationing) if you aren't able to sign up September 21. Hopefully you will be able to meet the people in your new dining group and start planning your first dinner together. We'll also be choosing themes for the year so bring some fresh ideas!

This is not just a couples group You don't need to be a gourmet cook- just enjoy good food and good company. For more info: email Chris Boykin chrismboykin@gmail.com or Deb Cubberley debclubberley@comcast.net, GnJ coordinators.

Gracious Helpers - Pat Pedersen



Gracious Helpers is a group that provides meals for members who are suffering from a trauma. It might be an injury, death, or surgery for themselves or a husband/partner or significant other. We determine the needs of the member, such as dietary

necessities, day and time of delivery. We use a website called Meal Train which provides us with a page for the recipient. We deliver easy meals and most providers make meals they usually make for themselves. We always respect the recipient's privacy, so requests are never publicized without the recipient's permission. If you can assist us, please contact Pat Pedersen at 530-477-1881 or

(Gracious Helpers cont.)

ppedersen76@comcast.net. Give Pat a call or email her if you know of someone who might need a meal. Our volunteers who provide the meals are the heart of our Branch and wonderful women who take care of us. We are so lucky to have them.

NEW INTEREST GROUP POSSIBILITIES

"Hot off the Press" Book Group - Karen Tajbl



Are you interested in reading the latest book that everyone is talking about? This group could pick a book and discuss it at the next meeting. Perhaps, the group would meet less often than monthly? Contact **Karen Tajbl** at karentajbl@gmail.com if you'd like to help organize and participate in such a book group.

Yet-to-Be-Named Group - Deb Cubberley

All of our interest groups, except Gnaw 'n Jaw, are for members themselves or a limited visitor. I am proposing an interest group that is formed to include our spouses and partners. Does this mean that single members can't come? Au contraire! With or without a spouse/ partner, you are welcome to join.

This group will focus on activities that appeal to members, such as hiking, biking, kayaking, picnicking, learning, you name it. When weather permits, we will focus on outdoors activities, but when the weather is less that cooperative, we may congregate inside to see a play, bowl, hear a speaker or any number of things. Our imaginations are the limit.

I propose that we will meet the usual 9 months that our branch is active (September-May) and that each month someone will take responsibility for planning the event.

Our first meeting this year will be **September 22**, where we will meet, name ourselves, and plan our year. Details of that event will be forthcoming to those of you expressing an interest. If you are interested in joining or learning more about this, please contact me, **Deb Cubberley** debclubberley@comcast.net, ASAP. If you are interested in being a co-leader, I would welcome your assistance.





Attending Interest Group Coordinators at Sue Van Son's orientation meeting: Deb Cubberley Gnaw & Jaw; Teri McConnell, Arts & Crafts; Joan Naszady, Brisk Walkers; Brett McWilliams, Carol Raynsford, Garden Group; Robin Laverty-Reves, Mostly Fiction; Mary Menconi, Hiking; Peg Flanders; Sue Van Son (Leader); and Susie Monary-Wilson, Great Decisions



Summer 2024,
Hikers &
Gardeners



Saturday General Meeting

October 19, 2024

Tech Trek

Our 2024 Trekkers in the Spotlight



Save the Date

Friday, December 6, 2024

Holiday Evening of Fun at
Off Broad Street, Nevada City



Our Program Sponsors

We are glad to acknowledge the businesses and individuals listed here who have generously supported our Branch programs as underwriters.

- **Bodacious Blooms Flower Farm**
Karen Hull
- **KNCO News Talk 830**
- **Nevada Irrigation District**
- **Owens Estate & Wealth Strategies Group**
- **Allison Rapp**
- **Sierra Tech Guy**
David Ball
- **Westamerica Bank**
Bernadette & Ed Sylvester
- **Wolf Mountain Spa**
Dan Wray
- **Kim White, Attorney at Law**

